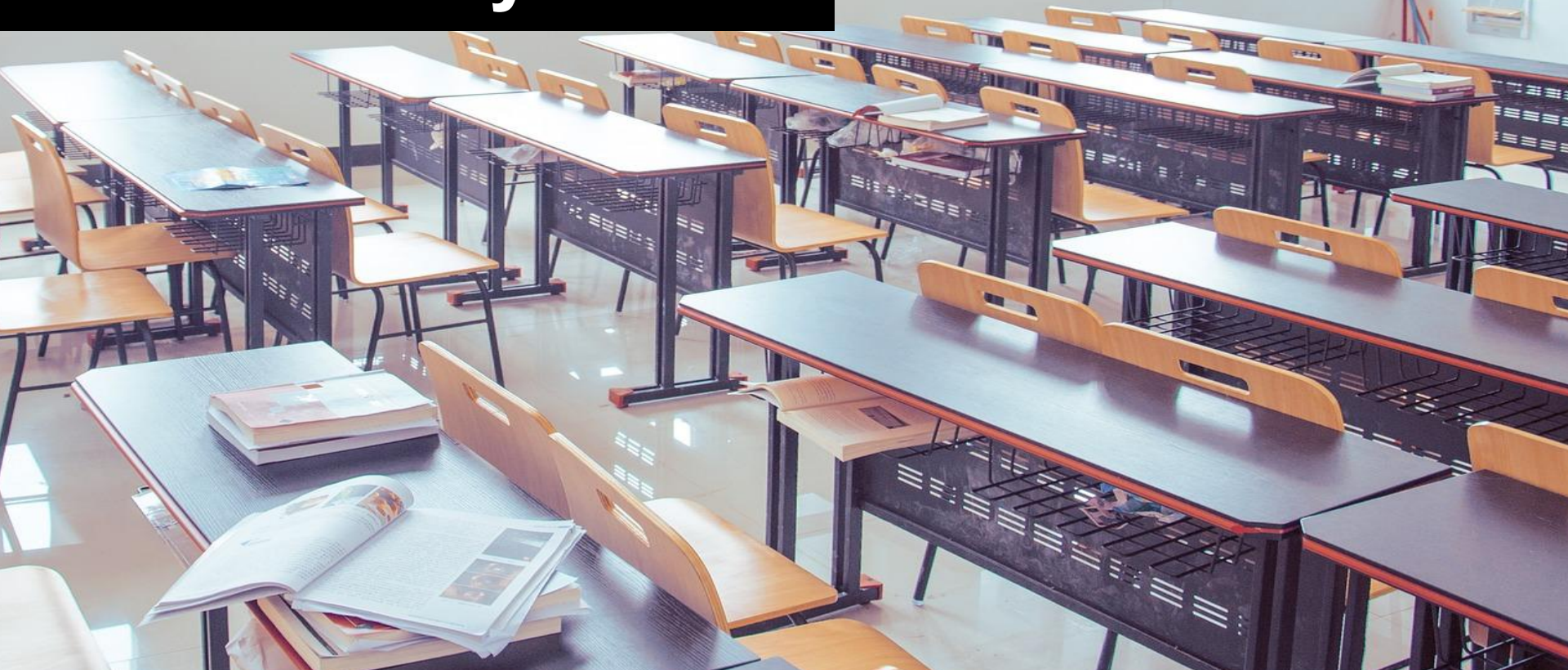


3 Ways to Overcome the Fear of Public Speaking

And Why We As Women MUST!

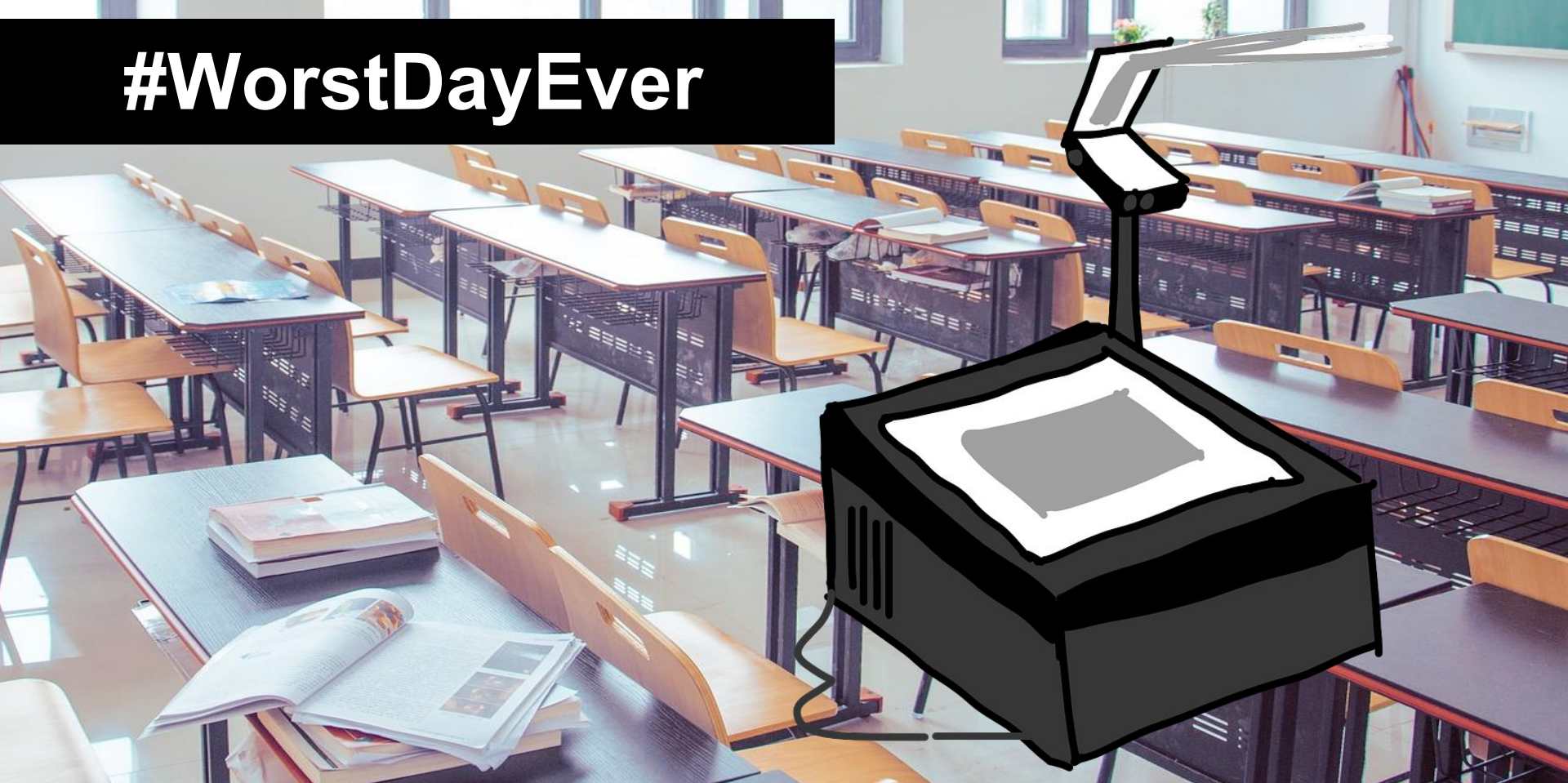
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You Make an Impact



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**For me, in business,
the journey restarted**



We need more women on stage

Why?

- 1. 50-50 world, but NOT expert speakers**
- 2. We learn best from those 'like us'**
- 3. Too many speakers are over the top, aggressive, and salesy**



3 R's to Overcome the Fear of Public Speaking

R1 =

R2 =

R3 =

3 R's to Overcome the Fear of Public Speaking

R1 = Recognize the Rewards

R2 =

R3 =

3 R's to Overcome the Fear of Public Speaking

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R3 =

3 R's to Overcome the Fear of Public Speaking

R1 = Recognize the Rewards

R2 = Reframe It!

R3 = Rehearse Small Skills & Build Up

R1: Recognize the Rewards

1. For Yourself

- a. Higher Pay / Promotions
- b. Paid Gigs + Travel
- c. Respected + Listened To
- d. Speaking Skills Help in All Areas of Life

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- a. Balance of Perspectives
- b. Increase Brand Authority in Industry

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3. For Others

- a. Make an Impact
- b. Inspire Others (especially women)

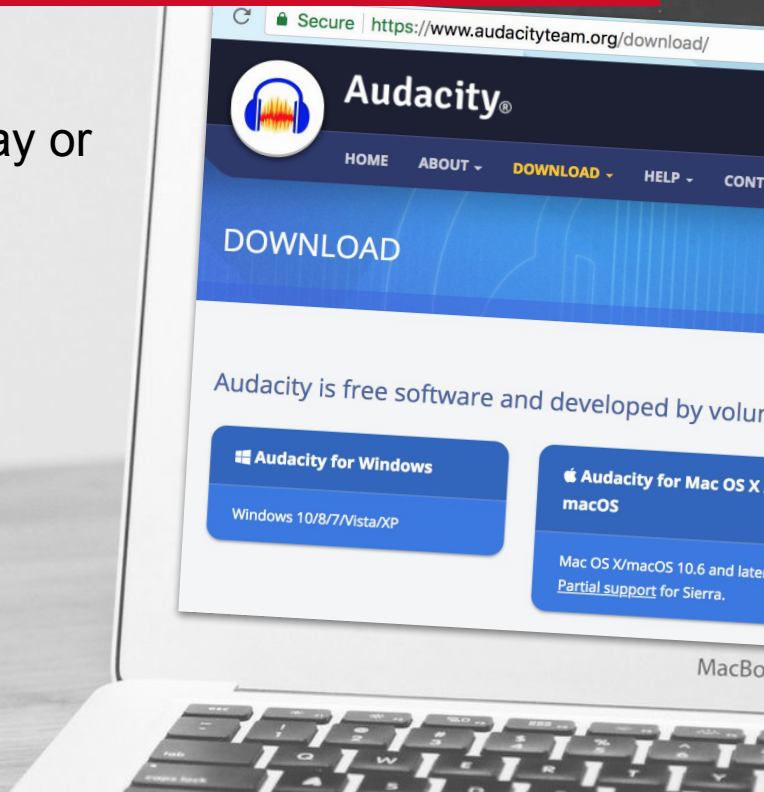
R2: Reframe It!

1. “Public Speaker”
2. What’s the **best** speaking style?
3. Who are you actually doing this for?
4. “Nervous” vs. “Excited”

R3: Rehearse Small Skills & Build Up

1. Audio Only Podcasts

- Solo (download Audacity) and throw away or start your own show + edit audio
- With trusted friend



R3: Rehearse Small Skills & Build Up

1. Audio Only Podcasts

- a. Solo (download Audacity) and throw away or start your own show + edit audio
- b. With trusted friend

2. Video

- a. Snaps & Stories
- b. Facebook Lives
- c. Video Interviews (recorded, then live)



R3: Rehearse Small Skills & Build Up

1. Audio Only Podcasts

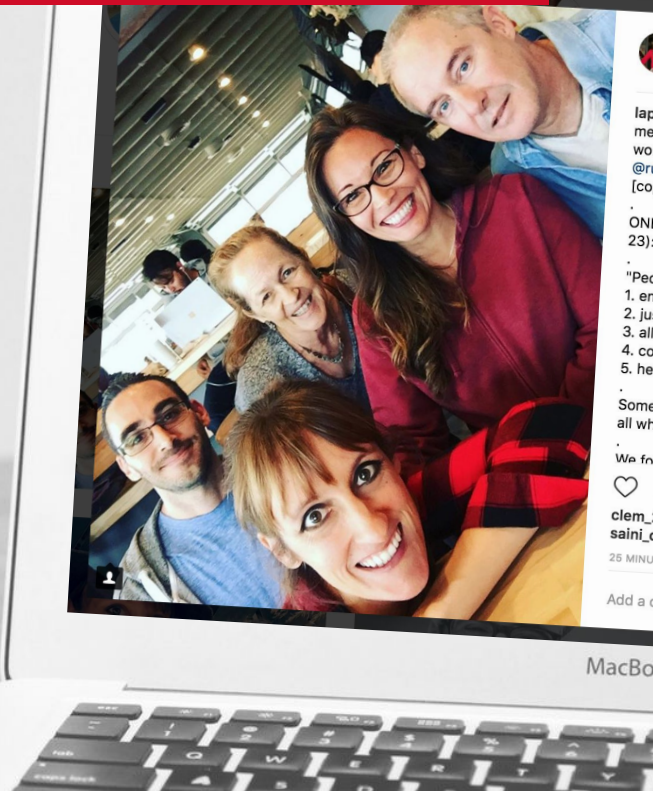
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- Snaps & Stories
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3. Stage

- Start small
- Just say 'yes' and figure it out





You CAN

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**People are waiting
for YOU to step into
the light.**



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@Laurap23 (personal FB)

Thank you! :)

